Butternut Squash Lentil Soup

Recipe

Yield: 4-6 servings **Prep Time:** 20 minutes **Cook Time:** 30 minutes

INGREDIENTS

- 3 garlic cloves
- 3 carrots
- 3 large leeks and 1 large yellow onion
- 1 medium butternut squash (4 to 5 cups diced; use frozen diced as a time saver)
- 1 bunch Tuscan kale or Swiss chard

- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 8 cups vegetable stock
- 1 ½ cups brown or green lentils
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- Fresh ground pepper
- 1 tablespoon lemon juice (optional)

DIRECTIONS

1. Mince Garlic, peel, and chop carrots into half moon

2. Cut the leeks, chop off dark green stems and the bottom roots, then slice each in half lengthwise. Place each leek half cut side down on the cutting board, then chop it into half-moons. Rinse thoroughly in a colander.

3. Cut Butternut Squash, slice off the neck of the squash and peel it with a vegetable peeler. Peel the base. Slice the base in half and scoop out the seed. Slice the neck into thin rectangles, then into long slices. Turn the slices the other way and dice. Cut the base into thin slices and then dice into small squares.

4. Wash and chop the Kale

5. In a large pot over medium heat, heat oil: add the leeks and onions and sauté until softened. Add carrots and garlic.

6. Add squash, vegetable broth, lentils, thyme, oregano, and Kosher salt, bring to boil. Reduce heat and simmer until lentils and butternut squash are soft, add the chard and simmer until tender, add additional salt and pepper to taste, finish with lemon juice.

A NOTE FROM *Chef Christian*

This Hearty butternut squash lentil soup is a comforting and nutrient dense superfood soup, featuring lentils, kale, and leeks. This recipe is vegan, plant-based, vegetarian, and gluten free.